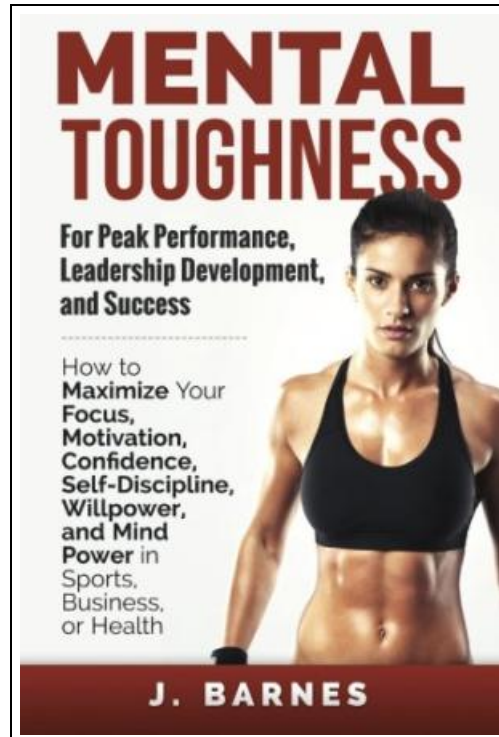


Mental Toughness for Peak Performance, Leadership Development, and Success: How to Maximize Your Focus, Motivation, Confidence, Self-Discipline, Willpower, and Mind Power in Sports, Business or Health



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This ebook is great. I am quite late in start reading this one, but better then never. I am just easily will get a satisfaction of reading through a composed pdf.




(Brendan Doyle)

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Personal Potential Books. Paperback. Condition: New. 232 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Want to Double Your Mental Toughness Within Weeks Tired of working hard, training hard and still not achieving more success or more wins What essential quality do all winners, champions, and high achievers possess Simple. They possess the characteristic responsible for making talent and training applicable for real-world results mental toughness. Regardless of your activity, position, or skill level. . . you cannot achieve peak performance unless you have complete and consistent control of your mind. Mental toughness is often the sole difference between winning and losing in sports, business, and personal health. Learn The 1 Mental Toughness Method for Sports, Business, Leadership, and Health Based on proven methods of mental masters--such as Michael Jordan, Bruce Lee, Bill Gates, Henry Ford, Thomas Edison, Abraham Lincoln, and other champion athletes, world-renowned leaders, and highly successful business people--Mental Toughness for Peak Performance, Leadership Development, and Success provides specific instructions and exercises to increase mind power for competition, career advancement, and personal achievement. The Mental Toughness Loop™ method. . . detailed in this guide. . . is the most simple, innovative, and effective process for developing superior mental toughness. The Mental Toughness Loop method is designed to isolate, transform, maximize, and integrate the seven skills of mental toughness for peak performance. Discover The 7 Keys to Superior Mental Toughness 1. Motivation: The starting point for all significant success is motivation. Learn how to spark your motivation and overcome the mental barriers that are holding you back from taking action and achieving greater success. 2. Willpower and Self-Control: Most people point to lack of willpower as the number one reason for being unable to make successful changes in their training, habits, and lifestyle. Learn a simple 3-step process for developing consistent willpower to resist negative influences...

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